

CALLAHAN COURIER

FRAMINGHAM *on the go!*

FRAMINGHAM CALLAHAN CENTER NEWS & ACTIVITIES | VOLUME 11, NO. 6, JUNE 2023



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DIRECTOR'S CORNER

June is a month of growth. The trees and flowers are in bloom, and we are growing at the Callahan Center, too! Visits from older adults are increasing with everyone enjoying our programming and receiving social services. It is an indication that more people are getting out of the house and many are exercising with and learning from our outstanding instructors including: Ann Saldi, Susan Craver, Rebecca Reber, Lisa Campbell, Jenn Vazquez, Jon Woodward, Tessa Herbold, and Anthony Tolson. Thank you to all of them for sharing their knowledge and leading classes so effectively.

Our Callahan Center staff is growing, as well. We have two new members on our team: Kelly Lanefski and Roberta Ho. Kelly is our new full-time Administrative Assistant with almost 10 years of experience working for the City of Framingham. She is a great worker and a fabulous person! Roberta Ho joins us as a part-time Volunteer Coordinator. She has extensive work experience and looks forward to welcoming new volunteers to the Center, as well as getting to know our long-time, dedicated volunteers. She is another wonderful person added to our staff. Welcome Kelly and Roberta!

June is a month of recognition. Happy Father's Day to all of the fathers, even to those that are in the role of a father to someone special. This is a day of celebration and a day of remembrance for all of the fathers still in our hearts.

This month is also Pride Month, in which we can celebrate and support our family and friends that are LGBTQ+. The Callahan Center supports their lives and will always create a welcoming environment for them.

From a cultural perspective, we have a wide variety of programs ranging from **An Evening of Latin & Jazz Music** with Carlos Odria, **Political Division** presented by Rich Rubino, **Songs of the Swing Era** with Lisa Yves, and **Ruth Bader Ginsburg - I Dissent** performed by Sheryl Faye.

Completing our program offerings is an **Elder Law Presentation** with Philip Benjamin, **Eight Weeks in Ukraine** presented by Tania Vitvitsky and **Welcome Summer! Ice Cream and Magic** with performer Scott Martell.

We look forward to seeing everyone in June!

Randy

CALLAHAN CENTER

535 Union Avenue (Handicap Accessible), **Framingham, MA 01702**

Telephone: 508-532-5980

Web address: www.framinghamma.gov/360/Council-on-Aging

Hours of Operation:

Monday, Wednesday, Thursday 8:30 a.m.-4:30 p.m.

Tuesday 8:30-7:30 p.m., Friday 8:30 a.m.-1:30 p.m.

CALLAHAN CENTER MISSION STATEMENT

It is the mission of the Framingham Council on Aging/Callahan Center to improve the healthy aging of a broader segment of the 55 and older population of Framingham by solidifying collaborations in the community to actively reach out to underserved groups by race, ethnicity, gender, sexual orientation and those with health conditions that otherwise limit their connection to the center.

DISCLAIMER NOTICE: The Callahan Center makes every effort to ensure the information throughout the Courier is accurate; however, the staff shall not be held responsible for errors that occur with printing, omission, or changes/cancellations of a program by staff or instructors.

We thank the advertisers that appear in the Courier, as well as the presenters of informational programs and products. However, the Callahan Center does not endorse any service or product listed in the Courier or presented at the Center. It is the responsibility of our readers/participants to investigate any service, product or provider they may consider using.

CALLAHAN CENTER STAFF

STAFF

Randy Aylsworth, MS, Director of Elder Services
Paula Geller, Programs Manager
Kelly Lanefski, Administrative Assistant
Ralph Dunlea, Computer Room Coordinator
Roberta Ho, Volunteer Coordinator
Carol Glover, Front Desk Receptionist
Mary Kenney, Front Desk Receptionist
Diane Krueger, Front Desk Receptionist
Patty Bird, Front Desk Receptionist
David Higgins, Van Driver



SOCIAL SERVICES

Lisa Ushkurnis, MSW, LICSW, Supervisor
Cheryl Lavalley, LICSW, Assistant Social Services Supervisor
Jamie Jensen, MSW, LICSW, Coordinator of Continuing Connections
Sam Swisher, MBA, Outreach Volunteer Coordinator
Alana Dundon, Bilingual Outreach/DME Coordinator
Deb Bourke, BA, CDP, LSWA, Continuing Connections, Program Asst.

SHINE

Michelle Gucciardi, MetroWest Regional SHINE Director
Emiliana (Amy) Gomes, MetroWest SHINE Asst. Program Coordinator

COUNCIL ON AGING CHAIRMAN & BOARD MEMBERS

Chairman: Clyde Dottin

Members:

Brenda Diaz, Patrick Dunne,
Marie Giorgetti, Thomas Grove,
Audrey Hall, Kathie McCarthy,
Jennifer Rich, Linda Schwartz,
Brian Sullivan, Glenda Thomas

COA Board Meeting
June 13, 1:30 p.m.

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The Callahan Center will be closed on Monday, June 19 in celebration of Juneteenth Day.

JOIN US ON TUESDAY EVENINGS

The Callahan Center is now open on Tuesday evenings until 7:30 p.m. As a result, the Center will close on Fridays at 1:30 p.m. These hours will be in effect through November 3.

MONTHLY DROP-IN HOURS WITH CONGRESSWOMAN CLARK'S OFFICE

Wednesday, June 14, 10 a.m.-noon
Meet with Jay Higgins, Senior Constituent Services Representative for the Office of Congresswoman Katherine Clark. No appointment necessary. One-on-one meetings on a first-come, first-served basis..

MASS. SENATE PRESIDENT KAREN SPILKA PRESENTS LISTENING HOURS

Thursday, June 22, 10:30 a.m.-noon

Please stop by the Friends Café to share your thoughts and questions with staff from Senate President Karen Spilka's office.

This is a great opportunity for you to be heard and receive help with any questions or concerns. No appointment needed. Join us anytime between 10:30 and noon.

FRIENDS LUNCH

Wednesday, June 14, 11:30 a.m.

Boxed lunch: \$10, must be paid by 6/9

Choice of: Chicken Caesar Wrap, Roast Beef on Roll, Caesar Salad, or NEW Turkey BLT Wrap. All include chips, cookies, fruit, and bottled water. Sign up at the front desk.

FRIENDS LOCAL TRAVEL

Tower Hill Botanic Garden, Boylston

Wednesday, June 28, 10:30 a.m. \$14 per person

Sign up by Friday, 6/23 by calling the Front Desk: 508-532-5980, ext. 0. On-site café open for lunch.

SPECIAL JUNE PROGRAMS

IMPORTANT MASSHEALTH UPDATES PRESENTED BY THE SHINE PROGRAM

Monday, June 12, 1 p.m.

Register by 6/8

You may have heard about changes with MassHealth this year. If you are currently on Medicare and MassHealth, or if you want to see if you may be eligible for a MassHealth program to help cover your medical and prescription expenses, please join MetroWest SHINE for this presentation. We will share updates about the ending of continuous coverage protections due to COVID-19 and the expansion of the Medicare Savings Programs. SHINE provides free, unbiased health insurance counseling to Medicare beneficiaries and their caregivers.

CONSUMER PROTECTION AND ASSISTANCE SERVICES

Monday, June 26, 1:30 p.m.

Presented by MetroWest Mediation Services
Register by 6/22

Be a savvy consumer. Get helpful tips to protect yourself from being victimized by scammers. You'll also learn about the free consumer assistance services offered by MetroWest Mediation Services, a nonprofit program that handles consumer complaints. Consumer assistance services are free, voluntary, and phone-based acting on behalf of consumers. As part of the Consumer Advocacy Response Division, this program works in cooperation with the Massachusetts Attorney General's Office.

LEARN SOMETHING NEW

See computer classes on page 6.

FRIENDS DINE AROUND

June 21 - See page 10 for details.

FRIDAY NIGHT SUMMER CONCERTS ON THE COMMON

Fridays, June 23, July 7-28, and Aug. 4-11, 6 p.m. (No concert 6/30)

Join neighbors and friends for eight weeks of free family fun and entertainment! Concerts will be held Friday evenings, weather permitting, on the Village Green at Framingham Centre Common, Oak St. To view the concert lineup and additional info, please visit www.framinghamrec.com.

FARMER'S MARKET

Thursdays, June 22 - Sept. 28, 3-7 p.m.

The Centre Common

The Farmer's Market is located at the Village Hall parking lot and Framingham Centre Common on Edgell Road. Visitor parking can be found behind and alongside the First Parish Church on Vernon Street and in the parking lot behind the North East Community Bank on Edgell Road. For more information, visit <https://www.framinghamma.gov/3520/Farmers-Market>.

PLEASE BE AWARE that the Callahan Center does not issue refunds for fee-based events or activities, unless those programs are canceled by the Center.

STARS AND STRIPES OVER FRAMINGHAM

Friday, June 30

Farm Pond Area

Music ~ Food ~ Fireworks ~ Fun! Visit www.framinghamma.gov for more information

A NOTE ABOUT THE CENTER

While we strive to keep the building temperature comfortable for all throughout the changing seasons, it may be helpful to bring a sweater or light jacket with you to programs.

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CALLAHAN CENTER LEARNING & CULTURAL PROGRAMS

Please call the front desk to register: 508-532-5980, ext. 0

These programs are supported in part by a grant from the Framingham Cultural Council, a local agency which is supported by the Massachusetts Cultural Council, a state agency, and in part by the Friends of Callahan.



AN EVENING OF LATIN & JAZZ MUSIC WITH GUITARIST CARLOS ODRIA

Tuesday, June 13, 6 p.m.

Register by 6/12

Peruvian-born guitarist and ethnomusicologist Carlos Odria, PhD, has been called a "guitar wizard" (Gamble Rogers Festival) and a "breathhtakingly talented musician...with an immense technical skill" (Worcester Telegram). He has been a featured artist at national music festivals and has performed at major concert halls across the country. Currently, he is an Assistant Professor of Music at Worcester State University. In this solo guitar concert, Dr. Odria will perform a variety of instrumental pieces, including styles such as jazz, bossa nova and Latin.



past divisions in the U.S. and explores the causes of these divisions. Rubino is an author, public speaker, and television and radio political analyst. He has written five political books, including his most recent, "American Politics on the Rocks: The Bizarre Side of American Politics." He also has written numerous columns for the Huffington Post.

SONGS OF THE SWING ERA

Tuesday, June 20, 6 p.m.

Presented by: Vocalist & Pianist Lisa Yves

Register by 6/16

The talented Lisa Yves returns to Callahan for an evening of piano playing and singing. Take a "sentimental journey" and enjoy the music of Irving Berlin and the big bands. "Come on and



hear" classic songs of the 1920s as interpreted by Yves. Lisa Yves has been a professional musician and vocalist for over 35 years. She graduated from New York University as a vocal jazz performance major. She is a recording artist, composer, performer, vocal coach, and well-known musician in Boston.

RUTH BADER GINSBURG - "I DISSENT"

Performed by Sheryl Faye
Tuesday, June 27, 6 p.m.

Ruth Bader Ginsburg was an American lawyer and jurist who served as an associate justice of the Supreme Court of the United States from 1993 until her death in 2020. She objected to different expectations for men and women and prejudice against minority groups. She stands out because she was not afraid to dissent, disapprove and disagree with conditions of unfairness and inequality. This show is the inspiring story of how she changed her life—and ours. Sheryl Faye immerses the audience in a multimedia learning experience that captivates viewers and sparks interest to explore more.



POLITICAL DIVISION

Thursday, June 15, 1:30 p.m.

Presented by: Rich Rubino, Author

Register by 6/14

We often hear the question asked: "Have we ever been so divided?" Rich Rubino explains

ELDER LAW PRESENTATION WITH ATTORNEY

PHILIP BENJAMEN

Thursday, June 8, 1:30 p.m.

Register by 6/7

This program will focus on critical aspects of estate planning, including: how to protect your home and assets, power of attorney, health care proxies, reverse mortgages, Medicare/Medicaid changes, and more. There will be plenty of opportunity for questions. Attorney Benjamin is a partner at the law firm of Benjamin & White, P.C. in Framingham, Massachusetts, where he has practiced law for the last 39 years focusing on estate planning, probate administration and elder law issues. He regularly speaks to senior groups about estate planning and long-term care planning. This program is sponsored by the Mass. Bar Association and the Mass. Chapter of the National Association of Elder Law Attorneys.



EIGHT WEEKS IN UKRAINE

Thursday, June 22, 1:30 p.m.

Presented by: Tania Vitvitsky

Register by 6/21

Last year, Tania Vitvitsky, a Sudbury resident, spent eight weeks in Lviv, Ukraine volunteering at a Ukrainian nonprofit assisting internally displaced persons. Learn how residents of Lviv keep going while Russian missiles and Iranian drones cut power and water, and lay waste to villages and towns. Tania will share her photos and discuss how she managed a daily routine during frequent air-raid sirens, while working with the neediest of families.



WELCOME SUMMER! ICE CREAM & MAGIC

Thursday, June 29, 1:20 p.m.

It's time for some summertime magic at Callahan. Join us for an ice cream treat and Magic with Scott Martell. Enjoy



classic magic presentations mixed with audience participation, comedy and surprises; funded by a grant from the Framingham Cultural Council.

Special thanks to Fallon Health - Summit ElderCare for providing ice cream novelties. Fallon Health - Summit ElderCare is a PACE (Program of All Inclusive Care for the Elderly.)

SNEAK PEEK - We hope you'll join us for these special programs coming in July:

7/11, 6pm History of the Parker House with Susan Wilson

7/18, 6pm Journey through Italy, Pt. 2 with Paolo Di Gregorio

7/20, 6pm America's Birth Certificate - The Declaration of Independence - with Prof. Richard Bell

7/25, 6pm 100 Years of Boston Comedy with Nick Zaino

Registration opens July 3.

FITNESS & WELLNESS

POP-UP DANCE TO MOTOWN & DISCO**Wed., June 7, 11 a.m., \$3 per class**

Dance to great favorites from the 50s through 70s. It's fun for everyone and all levels are welcome.

SMALL BALL & LIGHT WEIGHTS WITH ANN**Wednesdays, 11 a.m., \$3 per class****Starts June 21**

This class meets every Wednesday, EXCEPT the second Wednesday of each month. Build strength, balance, and stability in this class, which incorporates a small Bender Ball and light hand weights (1 to 3 lb. recommended). Exercises will be done to music in a standing position and utilizing the chair. A limited number of specialty Bender Balls will be available at the class for \$8.

STRENGTH & CARDIO WITH JENN**Mondays, 10:15-11:15 a.m., \$3 per class****Canceled 6/19**

Move to upbeat music in this full body workout. Low impact exercises that focus on your strength, cardio endurance, and posture are done rhythmically to add motivation and fun. This class begins with a warm up and ends with a cool down and stretching. Participants may use hand weights if you have them.

Jenn is a Certified Personal Trainer with 10 years of experience in providing group and individual instruction at area fitness facilities and for corporate clients. She also is a certified yoga instructor with a strong background in wellness coaching.

TAI CHI WITH JON**Mondays, 12:30-1:30 p.m., \$4 per class****Canceled 6/19**

Tai Chi is an ancient form of Chinese exercise that enhances the flow of internal energy in the body, utilizing slow, graceful movements, breath work and meditation to help promote relaxation, healing and well-being. Although no prior experience is necessary, this class involves one hour of movement without the assistance of a cane/walker.

AEROBICS WITH ANTHONY**Tuesdays, 9:30-10:15 a.m., Free**

This weekly, low-impact aerobics class combines the benefits of strength training, cardio and stretching. Movements can be done from a standing or seated position. You may use light hand weights if you have them.

ZUMBA WITH SUSAN**Tuesdays & Thursdays, 11 a.m., \$3 per class**

Zumba mixes world rhythms and easy-to-follow dance moves, so you have fun while exercising. Instructor Susan Craver has been teaching Zumba for over 10 years.

MINDFUL LIVING & MEDITATION WITH LISA**Wednesdays, 11 a.m.-noon, \$3 per class**

Instructor Lisa Campbell is a professional meditation and mindfulness coach, helping others transform their lives to be healthier, happier and more peaceful. Each week is a combination of mindful awareness practices, breathing techniques and meditations that help nurture a positive mindset, actively work with tension and anxiety, and so much more.

MOBILITY, STRETCH & BALANCE WITH ANN**Tuesdays, 1:30 p.m.****Thursdays, 9:30 a.m.****Must be pre-registered for this class.**

Call the front desk for more information.

CHAIR YOGA WITH REBECCA**IN PERSON: Fridays, 11 a.m.-noon, \$3 per class****ON ZOOM: Tuesdays, 4:30-5:15 p.m., \$3 per class**

Rebecca Reber leads this gentle form of yoga, which builds strength and flexibility. As with many forms of exercise, it can be modified for people of varying abilities. Rebecca has been teaching chair yoga classes for older adults at senior centers throughout the MetroWest area. To register for the class on Zoom, please email Paula at pgeller@framinghamma.gov.

CALLAHAN FITNESS CENTER**Mon, Wed, Thurs, 9 am-4 pm; Tues, 9 am-7 pm; Fri, 9 am-1 pm*****Note: The room is closed for special programming on Thursdays from 1:30-2:45 pm.**

Try our suspension elliptical, treadmill, rower or exercise bikes! The Callahan Fitness Center features eight state-of-the-art fitness

machines. The Fitness Room is open to adults age 55+. A \$2 admission fee enables users up to 50 minutes of access to the equipment at a time. Please sign in at the front desk.



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DID YOU KNOW? Many insurance providers offer a reimbursement for fitness classes. Check with your health plan provider for details. Checking in at the Callahan lobby kiosks helps track your class attendance and fees for reimbursement purposes. See the front desk with questions.

JUNE COMPUTER CLASSES

REGISTER TODAY: 508-532-5980, ext. 0

Instructor: Ralph Dunlea

Space is limited! Registration required.



KEEPING YOUR PASSWORDS SECURE

WHY & HOW TO USE A PASSWORD MANAGER

Thursday, June 8, 2-3:30 p.m.

Register by 6/7

As the Internet becomes more prevalent in our lives, keeping our data and information secure becomes more critical. Email providers, banks, credit card companies, and other websites require user IDs and passwords. Trying to remember all of them can be difficult. That is where password managers can help. A good password manager will store all your IDs and passwords. We will discuss several password managers and the pros and cons of each. Please note: A good password manager is not free.

INTRO TO IPADS-IPHONES

Thursday, June 29, 2-3:30 p.m.

Register by 6/21

This class will provide an introduction to the use and navigation of Apple iPads and iPhones. Topics will include the main screen, settings, iCloud storage, and some of the pre-installed apps, including: Photos, Mail, Messages, Face Time, and the camera.

May's Callahan Cultural Fest was an opportunity to share and learn about other countries and cultures. Maria (left) displayed beautiful art and keepsakes from Guatemala.



Kudos to Alana Dundon (right), Bilingual Outreach Coordinator, for planning and leading Callahan's Cultural Fest. And BRAVO to our talented custodian Robson (left), who performed a few songs at the event.



DISCUSSION GROUPS, GAMES & MORE

IN-PERSON ACTIVITIES:

ASK THE COMPUTER EXPERTS: Thursdays, 10 am-noon

BINGO: Wednesdays, 1-3 pm, please plan to arrive earlier to purchase cards (\$1 each). Game starts promptly at 1 pm.

BLOOD PRESSURE CLINIC: Wednesdays, 9-noon

BOOK DISCUSSION GROUP: Thursday, June 1, 1:30-2:30 pm

CHAIR VOLLEYBALL: Mondays, 2 pm & Tuesdays, 12:30 pm

COMPUTER ROOM: M,W,Th, 9-4; Tues, 9-7 pm; Fri, 9-1 pm (Closed during computer classes.)

CONTRACT BRIDGE: Tuesdays, 9-11:30 am.

CRIBBAGE: Thursdays, 9:30-11:30 am

DISCUSSION GROUP: Thursdays, 11 am-12:30 pm

GENEALOGY GROUP: Mondays, 1-4 pm

GRUPO LATINOAMERICANO: Thursdays, 11 am-12:30 pm

KNITTERS: Friday, June 23, 10:30 am-noon

MAH JONGG: Tuesdays & Thursdays, 10:15 am-1 pm

MARY MAKE DO (sewing/quilting): Mondays, 10 am-4 pm

OPEN SEW: Fridays, 9 am-1 pm

PINOCHLE: Mondays and Tuesdays, 9-10:30 am

POKER: Fridays, 9-11 am

POOL TABLES: M,W,Th, 8:30 am-4 pm; **Tues, 3-7 pm;** Fri, 8:30 am-1 pm (Pls. note change to Tuesday schedule)

RED HAT HONEY BEES: Tuesday, June 27, 1-4 pm, \$2 per month

SPORTS FANATICS: Mondays, 10 am

TABLE TENNIS: M,W,Th, 8:30 am-4 pm; Tues, 8:30 am-7 pm; Fri, 8:30 am-1 pm *Note: The tables are not available from 3-4 pm on the 2nd and 4th Tuesday of every month.*

CONTINUING ON ZOOM:

CONVERSATION & HUMOR: Fridays, 12:30 pm



The Cultural Fest was fun for all. Pictured above: Ana, Emilio, Baltasar, Maria, and Ana. Special thanks to Casa de Ramana for sponsoring refreshments for the event.

ALZHEIMER'S CAREGIVING SUPPORT GROUP

Wednesday, June 7, 11-12:30 p.m.

This drop-in support group is geared toward individuals living apart from loved ones who are currently in long-term care or assisted living dementia care. Please contact Lisa at 508-532-5980, ext. 4108 for more information.

BETTER BREATHERS GROUP

Wednesday, June 14, noon-1 p.m.

Do you have a chronic lung disease such as asthma, COPD, chronic bronchitis, or lung cancer? Facilitator Cheryl Burgess leads this monthly discussion group covering resources and practices designed to promote respiratory health. Cheryl has more than 20 years of experience as a Director of Respiratory Care and currently works for MedMinder Pharmacy.

BEREAVEMENT SUPPORT GROUP

Tuesday, June 13 & 27, 1 p.m.

This group, led by Jaime Fitts, MSW, LICSW is offered in partnership with Brookhaven Hospice. The group meets the 2nd and 4th Tuesday of each month. For more information, please contact Lisa at 508-532-5980, ext. 4108.

CAREGIVER SUPPORT GROUP

Thursday, June 29, 2-3 p.m.

If you're interested in learning more about this group, please contact Cheryl Lavalley, LICSW, at 508-532-5980, ext. 4134.

LOW VISION GROUP

Wednesday, June 21, 11 a.m.-12:30 p.m.

In Person and on ZOOM

A monthly support group for people living with low vision. Group shares resources, hosts guest speakers, and provides open discussion on a range of pertinent topics.

PARKINSON'S SUPPORT GROUP

ON ZOOM: Tuesday, June 6, 1-2 p.m.

IN PERSON: Tuesday, June 20, 1-2 p.m.

Please call Lisa at 508-532-5980, ext. 4108 for more information.

GRANDPARENT SUPPORT GROUP

Contact Lisa at 508-532-5980, ext. 4108 for more information and to arrange a pre-screening for the Grandparent Support Group.

VOLUNTEER DRIVERS WANTED

Flexibility to choose the rides/locations that work for your schedule

The Callahan Center Social Services Department is looking for drivers willing to transport residents age 55+ to communities outside of Framingham for medical appointments, as well as for services and activities that meet vital social needs. If you have time to share and a vehicle that is safe, clean, and well maintained, please contact Sam for more info: sps@framinghamma.gov or 508-532-5980, ext. 4113.



MEDICAL EQUIPMENT: BORROW OR DONATE

Borrow: Durable Medical Equipment (DME) is available at the Callahan Center for Framingham residents to borrow at no charge, as inventory allows. **It is important to call in advance to reserve a requested item, as our inventory is limited.** Contact Social Services at 508-532-5980, ext. 2. All messages will be returned within 1 business day.

Donate: Please know the Callahan Center welcomes your donation of gently used, clean durable medical equipment for other Framingham residents to borrow. Donations are accepted during business hours listed on page 3.

FREE PARKINSON'S MOVEMENT

CLASS Monday, June 5, 12 & 26

2-3 p.m. Registration required

Join Susan Craver for this special movement class. To register, please contact Lisa at 508-532-5980, ext. 4108.



WE CAN HELP

The Callahan Center's Social Services Department is knowledgeable about LGBTQ+ community resources and services available to older adults. Social workers can assist older adults in negotiating the senior landscape. Please reach out to us at 508-532-5980.



ALZHEIMER'S ASSOCIATION MA/NH CARE CONSULTATIONS

The Alzheimer's Association, Massachusetts/New Hampshire Chapter provides Care Consultations that are no cost to families, confidential, and personalized to the needs of individuals and families. Care consultants have expertise and experience in the field of dementia care. Consultations can be provided by phone or video conference and can include family members in separate locations. Call 617-393-2100 or email careconsultationmanh@alz.org to schedule a Care Consultation today.

NEW COVID-19 TREATMENT

HOTLINE: Tested positive for COVID-19?

Telehealth is a quick and free way to see if you're eligible for COVID-19 treatment. You can access telehealth services by calling 833-273-6330 or by completing an online assessment at mass.gov/CovidTelehealth. Clinicians are available every day from 8 am to 10 pm. This service is not for medical emergencies or those who have severe chest pain or shortness of breath. Telehealth is a quick and easy way to see if Paxlovid, a COVID-19 treatment pill, is right for you.



CARLYLE HOUSE

342 Winter Street, Framingham, MA
www.carlylehouse.biz

508-879-6100

Carlyle House is proud to be serving the community for over 30 years.

We are a 55 bed, single-level skilled nursing facility nestled on beautifully landscaped grounds close to the heart of Framingham. We are responsive to the needs of both our short-term and long-term residents. Our new short-term wing, along with our innovative therapy team, is geared to provide the rehabilitation needed for your return home.



FARMERS MARKET COUPONS

Farmers Market Coupons are coupons that can be used to purchase fresh-picked vegetables and fruits grown and sold by local farmers at farmers' markets. Eligibility criteria includes: Framingham resident 60+ who receives SNAP, Fuel Assistance, SSI, Mass Health/Medicaid benefits OR meets Federal Poverty Guidelines. The coupons cannot be used at the grocery store. We anticipate that Farmers Market Coupons will arrive mid to late July. **ONE COUPON BOOKLET PER HOUSEHOLD.** Please call Lisa at 508-532-5980, ext. 4108 and leave your full name and phone number.



LEARN ABOUT HOME SHARING

Home Sharing is a new initiative that is spreading across the United States to address the affordability and complex realities of remaining in your home as you age. To learn more, contact Lisa at 508-532-5980, ext. 4108.

IS MONEY TIGHT THESE DAYS? WE COULD HAVE A SOLUTION!

Many people over the age of 60 are eligible for SNAP and don't use it. **This could mean as much as \$100 per month available to buy groceries.** The money you save on your grocery bill could be put toward other expenses. Please contact the Callahan Center's Social Services Department to see if you qualify.



FREE TRANSPORTATION OPTIONS FOR FRAMINGHAM RESIDENTS!

*FREE CALLAHAN SHARED-RIDE VAN:

Thanks to generous funding from MWRTA, the Callahan Center shared-ride van is operating free to residents 55 and older and those with disabilities for destinations within Framingham and to/from Market Basket in Ashland. You must be registered with the Callahan Center and MWRTA to access this service. Service available Mon. through Thurs., 12-3:30 pm. Fri., 9 am-3:30 pm - Market Basket only. Call the Callahan Center at 508-532-5980 to initially register for van service. **Once your registration is confirmed, contact the MWRTA Call Center at 508-820-4650 to schedule rides.**

FREE TAXI SERVICE AGE 60+:

Do you need to get to a destination beyond Framingham and need someone else to drive you or you can't afford the taxi fare? The Callahan Center has been able to utilize funds from Metrowest Health Foundation and the Community Development Block Grant to provide Framingham residents ages 60+ with **FREE** round-trip taxi rides from Tommy's Taxi beyond Framingham's borders for medical appointments and other necessities. **It is essential to call at least one week in advance to request this service.** Weekend and evening service may be possible. If you have appointments in Boston's medical area or transportation needs to communities beyond Framingham, please contact Sam Swisher at 508-532-5980, ext. 4113.



MEDICARE QUESTIONS?

Are you turning 65 in the next three months?

Are you over 65 and need to enroll soon?

Do you understand your Medicare deadlines and options?

Are you having trouble paying for medical expenses and prescription drugs?

If any of these apply to you, contact the SHINE (Serving Health Insurance Needs of Everyone... on Medicare) program. Trained SHINE volunteers offer free, confidential counseling on all aspects of Medicare and related health and drug insurance programs. To schedule a SHINE appointment, call the Callahan Center at 508-532-5980, ext. 0. For other SHINE related matters, call 1-800-243-4636 and leave a voicemail. Once you get the SHINE answering machine, leave your name, number and town. A volunteer will call you back, as soon as possible.

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FRIENDS BOARD MEMBERS

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Vice President.....Patrick Dunne
Treasurer.....Len Brenner
Assistant Treasurer.....Michelle Nicholas
Recording Secretary.....Elaine Murphy
Corresponding Secretary.....Marie Gibbons
Sunshine Lady.....Carol Lach

Board Members:

Norma Kramer (Membership Chair), Sheila Watnick (Event Chair), Chris Lorant (Dine - Around Chair), Mary Chapin (Lunch Chair), Karin Beth, Jim DeSimone

Friends Board Meeting on Zoom: Tuesday, June 6, 2:30 p.m.

FRIENDS DINE-AROUND IHOP

Wednesday, June 21

Join us at IHOP located at 17 Edgell Rd., Framingham. 20% of the food portion of your bill will be donated back to the Friends of Callahan Center. Good for dine in, takeout or catering. Not good on delivery, coupons or specials. Flyers are available from the front desk or Constant Contact and MUST be presented to the order taker to ensure the donation back to the Friends. Everyone who signs up at the front desk and participates will be registered for a chance to win a \$25 Gift Card to the restaurant. Winner agrees that first and last name can be used by the Friends of Callahan Center to announce the winner. The restaurant can be reached at: 508-270-2694.



SAVE THE DATE!
Imperial China - July 19



Fill Out Form

A NOTE FROM THE FRIENDS OF CALLAHAN

When we think of June, we think of sunshine, so "radiant" is a wonderfully positive word to begin this sunny month.

We've all met people who seem to send light to others. They might not be the most successful people, in fact are often humble. Yet they seem to shine brightly and stand out, not because of their intellectual brilliance but because they are a genuine person. They are not afraid to be themselves, truly as they are inside and to show the world exactly who they are.

Who are the Friends of Callahan?

The Friends raise funds to support programs and fund uncovered expenses needed at the Callahan Center. The programs offered at the Callahan Center are geared to people age 55 and over from Framingham and surrounding areas. Seniors who might otherwise be

isolated have a safe place to find comfort and enjoyment with others, while improving their physical and emotional well-being.

We come back to the word "radiant"-

- Radiant - The People who come to the Callahan Center
- Radiant - The Staff who do so much for the Callahan Center
- Radiant - The Friends of Callahan, who help support the Callahan Center

Our mission is to work as a group to raise funds to help support programs and services that keep our seniors healthy, active and involved. The Friends of Callahan is run by volunteers. If you would like to volunteer some time please email us at friends.callahan@yahoo.com

As a final thought, "You must be the change you wish to see in the world."

Mary McGill,
 President of the Friends of Callahan

Not a member of the Friends of Callahan? It's easy to join!

Membership is \$15.00 for individual and \$20.00 for couples.

Name _____

Date of Birth _____

Address, City, State, Zip _____

Email Address _____

Cell Phone _____ **Home Phone** _____

The Friends of Callahan Senior Center, Inc. Is a non-profit 501(c)3 organization.



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The Guardian Angel Center for Hospice

Rosarie Center for Short Term Rehab

Lourdes Center for Memory Care

Contact our admissions office today

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www.stpatricksmanor.org



THE SUNSHINE LADY'S CORNER



The Friends would like to reach out to members in time of need. The Sunshine Lady - Carol Lach - can help brighten their day and/or offer condolences. Please call the front desk at 508-532-5980, ext. 0 and leave a message. Your request will be forwarded to the Sunshine Lady who mails cards on behalf of the Friends of Callahan.

To receive Constant Contact updates from the Friends including the online version of the Callahan Courier newsletter, please send your email address to: callahan.friends@yahoo.com.



ARE YOU REALLY THE LUCKY WINNER? SPOT THE PRIZE SCAMS

Adapted from an online article by Gema de las Heras: <https://consumer.ftc.gov/consumer-alerts/2023/04/are-you-really-lucky-winner-spot-prize-scams>

Sweepstakes, prize, and lottery frauds are among the top scams people report to the Federal Trade Commission. These scams usually start with a call or message that says you're a winner. (A lie.) They say to get the so-called prize you have to send money or click on a link to give your information. Don't. The most recent FTC data shows people reported losing \$301 million to this type of fraud. That's an average loss of \$907 per person.

Did you enter the sweepstakes or play the lottery? If not, you absolutely didn't win. Here are other ways to spot and avoid prize scams:

- Don't pay to get a prize. Real prizes are free. Anyone who asks you to pay a fee for "taxes," "shipping and handling charges," or "processing fees" to get your prize, is a scammer. Stop and walk away.
- Don't give your financial information. There is absolutely no reason to ever give your bank account or credit card number to claim a prize. If anyone asks for it, it's a scam.
- Don't give your personal information. Scammers hope you'll click on links that will take your personal information or download malware on your device. Delete the message without clicking on the links and don't respond.



BayPath is now Springwell

Providing MetroWest families of all income levels the resources necessary when facing the challenges of aging. On July 1, 2022, BayPath merged with Springwell. Now, proudly serving 22 communities.

Learn more at www.springwell.com



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(508) 573-7200 / 33 Boston Post Road (Rt. 20) West, Marlborough, MA 01752



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- OmniVR - a virtual reality therapy system that enables functional rehabilitation for aging adults and others with physical limitations



Movement Disorders • Technology • Newly Renovated Gym

MONDAY

FITNESS & DISCUSSION GROUPS ON ZOOM

Chair Yoga, Tuesdays: 4:30 pm (\$3)
 Conversation & Humor: Fridays, 12:30 PM

SUPPORT GROUPS WITH DIAL-IN OR ZOOM OPTION

Parkinson's Support Group: 6/6, 1 pm
 Grandparent Support Group
 Call 508-532-5980, ext. 4108 for more info

The fitness center is not available on Thursdays from 1:30-2:45 pm.

Please note that on the 2nd and 4th Tuesdays from 3 to 4:30 pm the Table Tennis area is reserved for special programming.

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 12:30 Tai Chi, \$4
 1-4 Genealogy Group
 2 Chair Volleyball
 2-3 Parkinson's Movement Class

5

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 12:30 Tai Chi, \$4
1 Important MassHealth Updates from SHINE
 1-4 Genealogy Group
 2 Chair Volleyball
 2-3 Parkinson's Movement Class

12

CLOSED IN CELEBRATION OF JUNETEENTH DAY



19

8:30-4 Pool Tables
 8:30-4 Table Tennis
 9-4 Fitness Room \$2
 9-4 Computer Room
 9 Pinochle
 10-4 Mary Make Do
 10-11:30 Sports Fanatics
 10:15 Strength & Cardio with Jenn, \$3
 12:30 Tai Chi with Jon Woodward \$4
 1-4 Genealogy Group
1:30 Consumer Protection and Assistance Services, Presented by MW Mediation Services
 2 Chair Volleyball
 2-3 Parkinson's Movement Class

26

TUESDAY



8:30-7 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Room
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12:30 Chair Volleyball
 1-2 **ZOOM:** Parkinson's Support Group
 1:30 Mobility, Stretch & Balance with Ann \$3, **Must be pre-registered for this class.**
 2:30 **ZOOM:** Friends Board Meeting
 3-7 Pool Tables
 4:30-5:15 **ZOOM:** Chair Yoga \$3

6

8:30-3 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Room
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12:30 Chair Volleyball
 1 Bereavement Support Group
 1:30 Mobility, Stretch & Balance with Ann \$3, **Must be pre-registered for this class.**
 1:30 COA Board Meeting
 3-7 Pool Tables
 4-7 Table Tennis
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 An Evening of Latin & Jazz Music with Guitarist Carolos Odria

13



8:30-7 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Room
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12:30 Chair Volleyball
 1-2 Parkinson's Support Group
 1:30 Mobility, Stretch & Balance with Ann \$3, **Must be pre-registered for this class.**
 3-7 Pool Tables
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 Songs of the Swing Era, Performed by Vocalist & Pianist Lisa Yves




20



8:30-3 Table Tennis
 9-7 Fitness Room \$2
 9-7 Computer Room
 9 Contract Bridge
 9 Pinochle
 9:30 Aerobics, Free
 10:15-1 Mah Jongg
 11 Zumba \$3
 12:30 Chair Volleyball
 1 Bereavement Support Group
 1 Red Hat Honey Bees, \$2
 1:30 Mobility, Stretch & Balance with Ann \$3, **Must be pre-registered for this class.**
 3-7 Pool Tables
 4-7 Table Tennis
 4:30-5:15 **ZOOM:** Chair Yoga \$3
6 Ruth Bader Ginsburg - "I Dissent," Performed by Sheryl Faye

27



WEDNESDAY	THURSDAY	FRIDAY
	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Computer Room 9-1:30 Fitness Room \$2, <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Book Discussion Group</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 11 Fitness Dance: Motown & Disco with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 ALZ Caregiving Support Group 1-3 Bingo</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Computer Room, <i>Reopens at 3:45</i> 9-1:30 Fitness Room \$2, <i>Reopens at 2:45-4</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Elder Law Presentation w/Attorney Philip Benjamin 2-3:30 Keeping Your Passwords Secure, Presented by Ralph Dunlea - Registration required</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 10-12 Drop-In Hours with Jay Higgins, US Rep. Clark's Office 11 Mindful Living & Meditation \$3 11:30 Friends Lunch, \$10 per person (registration required by 6/9) 12-1 Better Breathers Group 1-3 Bingo Canceled: Small Ball Fitness</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2, <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Political Division, Presented by  Author Rich Rubino</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 11 Small Ball & Light Weights with Ann, \$3 11 Mindful Living & Meditation \$3 11-12:30 Low Vision Group 1-3 Bingo</p> <p>FRIENDS DINE AROUND IHOP 17 Edgell Rd., Framingham</p> 	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2, <i>Reopens at 2:45-4</i> 9-1:30 Computer Room, <i>Reopens at 3:45</i> 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 10:30-noon Listening Hours with Senator Spilka's Office 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 1:30 Eight Weeks in Ukraine, Presented by Tania Vitvitsky 2 Caregiver Support Group</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 10:30 Callahan Knitters 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>
<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-4 Fitness Room \$2 9-4 Computer Room 9-12 Blood Pressure Clinic 11 Small Ball & Light Weights with Ann, \$3 11 Mindful Living & Meditation \$3 1-3 Bingo</p>	<p>8:30-4 Pool Tables 8:30-4 Table Tennis 9-1:30 Fitness Room \$2, <i>Reopens at 2:45-4</i> 9-4 Computer Room 9:30 Cribbage 9:30 Mobility, Stretch & Balance with Ann \$3 Must be pre-registered for this class. 10-12 Ask-the-Experts 10:15-1 Mah Jongg 11-12:30 Grupo Latinoamericano 11 Zumba \$3 11 Discussion Group 2 Caregiver Support Group 1:20 Welcome Summer! Ice Cream Treats and Magic Show with Scott Martell 2-3:30 Intro to iPads & iPhones, Presented by Ralph Dunlea - Registration required</p>	<p>8:30-1 Pool Tables 8:30-1 Table Tennis 9-1 Fitness Room \$2 9-1 Computer Room 9-1 Open Sew 9 Poker 11 Chair Yoga with Rebecca \$3 12:30 Zoom: Conversation & Humor</p> <p>Spring/Summer Hours: Closing at 1:30 pm</p>



ELDER LAW WITH FRANK AND MARY

by **Arthur P. Bergeron**

*Arthur is an elder law attorney in the
Trusts and Estates Group at Mirick O'Connell.*

YOU CAN ALWAYS QUALIFY FOR MASSHEALTH

If you need nursing home care, or need a lot of care at home to avoid it, you can always qualify for MassHealth. It's not hard:

- **If you're married:**

- You simply transfer all assets to your spouse. There is no lookback period. Your spouse may keep the home and any rental property, and up to \$148,600 in other assets, and use the rest to buy an annuity, as long as it calls for equal monthly payments over a term that is shorter than their actuarial life expectancy.

- **If you're single:**

- You may keep your house, as long as you say you intend to return to it.
- You may use your other assets to:
 - Buy an annuity, as long as it has a term shorter than your actuarial life expectancy, or
 - Transfer the money to a d4c pooled trust, to be used to supplement your care while you are alive.

- If you want to stay at home instead of going to a nursing home, you may do that, too. The same rules apply.

All of this may be hard to believe. I talk to people almost every week who have relatives who need nursing home care but have heard that it is too late because their spouse or relative did not plan ahead. You may think that you have too much in assets to qualify for MassHealth, but by restructuring things you can qualify.

While restructuring things at the last minute, especially if you are single, may mean that MassHealth will have a lien on some assets following your death, the savings resulting from the reduced nursing home rates once you are on MassHealth almost always justifies the cost of the restructuring and applying. So my advice to anyone in that situation is simple: talk with an elder law attorney. There may be some tax or other considerations that outweigh benefits of qualifying, but you can always qualify. If you want to learn more about these issues, you can watch this month's episode of Elder Law 101. You can find it on AFTV (Verizon 43; Comcast 9) or on Frank and Mary's YouTube channel, www.youtube.com/elderlawfrankandmary. If you have any questions, please contact me at **(508) 860-1470** or abergeron@mirickoconnell.com.



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Answer to Previous Sudoku

5	7	8	4	2	3	6	1	9
9	6	2	8	1	7	5	3	4
1	3	4	5	9	6	8	2	7
8	9	7	1	6	2	3	4	5
6	4	1	9	3	5	2	7	8
3	2	5	7	8	4	1	9	6
4	1	6	3	7	8	9	5	2
2	5	3	6	4	9	7	8	1
7	8	9	2	5	1	4	6	3

Game answers for this issue will be published in next months issue.

Sudoku

Fill in the grid so that every row, column and 3x3 box contains the numbers 1 through 9.

	4	1	9					
6	9			7		1		
7								8
			5	1				
9		8						5
	1			6		2		4
			1	7	4			
				9				
2				5		7		

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DIFFICULTY: ★★☆☆

ENIGMA™ CRYPTOGRAM

“RZMCF QOMWVWP EZNE POCS VW
VND QOBNE.”

— URWYZQVW GMZWLCVW

PREVIOUS SOLUTION: “Nearly all men can stand adversity, but if you want to test a man’s character, give him power.” — Chinese proverb

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E008



CROSSWORD PUZZLE

ACROSS

- 1 Lass
- 5 Old times
- 8 Fr. singer
- 12 Lt. wine region
- 13 Sea (Fr.)
- 14 Sayings (suf.)
- 15 Scientific name (suf.)
- 16 Sheep’s cry
- 17 Biblical giants
- 18 Wrinkle
- 20 Sing
- 22 Cereal spike
- 23 Grampus
- 24 Austral. gum tree
- 27 Wedge-shaped
- 31 Radio Free Europe (abbr.)
- 32 Explosive letters
- 33 Babism founder
- 34 Name
- 37 WWI battle
- 39 Borough (abbr.)
- 40 Damage
- 41 Profession
- 44 Bad actor
- 48 Pin (Lat.)
- 49 Polynesian drink
- 51 Less: music
- 52 Nipa palm
- 53 Iodine (pref.)
- 54 S.A. rodent
- 55 Single (pref.)
- 56 No (Scot.)
- 57 Treasury agents

DOWN

- 1 Volcano crater
- 2 Spore sacs
- 3 Account entry
- 4 Diddy
- 5 Wheat
- 6 “Brave Bulls” author
- 7 Attenuate (2 words)
- 8 Gore
- 9 Poetic foot
- 10 Indigo plant
- 11 Reputation
- 19 Fr. medieval tale

ANSWER TO PREVIOUS PUZZLE

U	F	O	B	I	C	E	M	S	G	R
S	I	R	A	R	V	N	O	T	E	A
E	L	A	R	A	D	N	U	M	B	
D	A	L	A	I	O	M	A	R		
			U	S	D	A	E	D	G	E
M	A	R	K	E	L	B	A	E	M	E
E	R	A	S	K	I	L	L	O	I	D
W	N	W	E	A	S	E	A	N	T	E
L	A	B	O	R	T	U	S	H		
			O	B	E	X	U	S	N	E
T	Y	N	E	C	A	N	T	A	M	B
N	O	E	S	I	D	E	O	C	I	E
T	U	D	E	I	S	A	R	L	T	D

- 21 Scot. alder tree
- 24 Crab-eating macaque
- 25 Afghanistan (abbr.)
- 26 Kidney (pref.)
- 27 Television channel
- 28 Abridged
- (abbr.)
- 29 To (Scot.)
- 30 Compass direction
- 32 Geological formation
- 35 Spotted eagle ray
- 36 One of the Three Stooges
- 37 Sweet potato
- 38 Inspire
- 40 Civil War commander
- 41 Madam
- 42 Outer (pref.)
- 43 Malay title of respect
- 45 Force
- 46 Noun-forming (suf.)
- 47 White-flecked
- 50 Voice of America (abbr.)

1	2	3	4		5	6	7		8	9	10	11
12					13				14			
15					16				17			
18					19			20	21			
				22			23					
24	25	26				27				28	29	30
31					32					33		
34			35	36				37	38			
			39				40					
41	42	43					44			45	46	47
48					49	50			51			
52					53				54			
55					56				57			

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A114

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CALLAHAN COURIER FRAMINGHAM *on the go!*

NEWS & ACTIVITIES | VOLUME 11, NO. 6, JUNE 2023

Callahan Senior Center
535 Union Avenue
Framingham, MA 01702



CARRIAGE HOUSE AT LEE'S FARM

A NORTHBRIDGE ASSISTED LIVING COMMUNITY

What's really special here about Carriage House is the way everyone, from the director to the folks who serve in the dining room, know the individual residents. **They know my parents**, they know what they like, **and they make them feel right at home.**

Carriage House was a great choice for my parents, my mom is doing more things here than she ever did in her life!

- Gloria C. // resident daughter

For more information: 508.358.2800
or email: jessica@carriagehousewayland.com

Independent Living | Assisted Living | Avita Memory Care

Find us online: carriagehousewayland.com | facebook.com/carriagehouseatleesfarm

